

RCASA Board of Directors Meeting-March 28, 2019



**Reading
Coalition
Against
Substance
Abuse**

RCASA's mission is to strategically address our substance abuse problem that youth in Reading, Massachusetts abuse alcohol, prescription drugs, tobacco, and other illegal drugs at unacceptably high rates that emerge early in adolescence, happen frequently, and indicate heavy use. To realize our mission, we will promote a healthy community environment using the strategic prevention framework to ensure everyone who lives, works, or goes to school in Reading can enjoy an optimum quality of life."

SPOTLIGHT

The Director of RCASA presented at the Coolidge PTO on March 7, 2019. Fifteen parents were interested to learn more about the topic. For more information, visit www.reading.k12.ma.us/community/rcasa/

FOCUS

1. Board Updates:

- Officers still needed for President and Vice-President.
- Beer & Wine Licenses Update from Town Manager

2. RCASA Staffing: The hiring process will continue for the full-time RCASA Outreach Coordinator position.

3. Unraveling CBD: The Director will share information gathered from a recent training and other research.

4. Reading Public Schools Projects

- RCASA continued our role in coordinating the local Youth Risk Behavior Survey process with Reading Public Schools, the Middlesex League and JSI Inc. RCASA provided input to ensure the survey met federal requirements and was reflective of local priorities. Both middle schools completed their data collection. RMHS will begin their cycle on April 22, 2019. Preliminary results will be released to districts in late June.
- The 2019 Spring SBIRT for 11th graders has been moved up to April.
- The Director presented at the Coolidge PTO on March 7th on vaping prevention for 15 parents.

5. Upcoming Presentations

- The RCASA Director will host an information table and two workshops at Parent University on Saturday March 30th from 8am-12pm. Registration is free. See attached flyer
 - o RCASA Workshop 1: Understanding the Changing Landscape of Vaping
 - o RCASA Workshop 2: Introduction to Mental Health First Aid
- The RCASA Director will be at Austin Prep for 2 days next week to co-present with Jessica Lenci in 8th grade groups on vaping prevention.

ATTACHMENT: Reading Public Schools Parent University

Our next RCASA Board Meeting is April 25, 2019 from 5:30-6:30 pm.